

RECOVERING FROM HURRICANE KATRINA



Project Recovery has provided crisis counseling services to more than 230,000 people in Mississippi.

Project Recovery workers will be leaving your area soon. We hope we have left you with hope, encouragement and a variety of resources. Mississippians have made great strides in the recovery process. Your resilience should be commended!

We know that many of you are still trying to recover from your losses due to Hurricane Katrina. On the back of this flyer is a list of resources that may be able to provide help.

No simple guidelines exist that will eliminate the pain you are feeling. Be patient with yourself as you continue to heal. Remember to:

- Take time to grieve and cry if you need to. To feel better in the long run, you need to let these feelings out instead of pushing them away or hiding them.
- Make sure you get enough rest and sleep. People often need more sleep than usual when they are very stressed.
- Try not to drink excessively or overeat to escape stressful feelings. Recognize that everyone is responding to the current situation differently.
- Try to stay in the present. Look forward to the future. Consider what is important in your life and good about these times.

**Project Recovery's Helpline is still available 24 hours a day,
seven days a week at 1-866-856-3227.**

Project Recovery is funded through a grant by the Federal Emergency Management Agency (FEMA) and facilitated with the Substance Abuse and Mental Health Services Administration (SAMHSA). Project Recovery is a division of the Mississippi Department of Mental Health.

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Resources

Department of Mental Health: 1-877-210-8513

FEMA: 1-800-621-3362

MEMA: 1-800-222-6362

Small Business Administration: 601-965-4378

HUD: 1-800-569-4287

American Red Cross: 1-866-438-4636

Department of Education: 601-359-1750

MS Employment Security: 1-888-844-3577

Salvation Army: (601) 969-7560

United Way: (601) 948-4725

MS Department of Health: 1-800-345-6347

HANDS: 601-957-0094

Division of Medicaid: 601-483-9944

Child Abuse Hotline: 1-800-422-4453

Coalition for Persons with Disabilities: (601) 969-0601

MS Department of Human Services: 1-800-345-6347

Area Agency on Aging: 1-800-264-2007

FEMA Fraud Line: 1-800-323-8603

Spanish Hotline: 1-866-322-9832

Project Recovery Helpline 1-866-856-3227